

**Amendment to the Specification**

Amend the following first full paragraph on page 2 as follows:

The term "powder metal mixture" in this invention refers to a mixture of ferrous metal particles in which mixture the ferrous metal powder iron (Fe) is present in an amount greater than 90 per cent, the remaining ingredients being additives such as a lubricant, optionally a binder which may be the same as the lubricant or different, and alloying ingredients such as graphite and metals, each present in an amount less than 2 per cent by weight (% by wt) of the total mixture including the powder.